

# Anger Awareness Workshop

Co-Sponsored by BNL EAP and Magellan Health Services

**Date:** Tues, Nov. 1, 2011

**Time:** 12 Noon

**Place:** Berkner B

**Speaker:** Jude Treder-Wolff,  
LCSW

## **Program Description:**

Anger is one of the most important and misunderstood emotions. Sometimes a call for immediate action, other times a reaction that masks anxiety or hidden tensions, anger is often more complex in terms of its underlying causes than we are aware.



## **This workshop will examine:**

- How to identify and channel healthy anger
- How to identify reactive anger
- Some underlying causes of reactive anger and strategies for dealing with them
- Anger, the stress response and health

Registration is encouraged, since seating is limited. Please email: [nlosinno@bnl.gov](mailto:nlosinno@bnl.gov).  
You will receive a reminder the morning of the workshop.